

# Lamorinda Movers

*Activities for adults ages 55+*

**JANUARY 2024**

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Web Site – [www.lamorindamovers.org](http://www.lamorindamovers.org)

## **JANUARY CALENDAR**

**MONDAY, January 8** Board Meeting, Keith Katzman's Home, 4:30 p.m.

**NO JANUARY DINNER MEETING**

**FIRST AND THIRD THURSDAYS: Mah Jongg, 1 p.m.**, Moraga Country Club. An optional luncheon starts at 12 noon. More players are being sought to keep this fun activity going strong. Anyone interested in joining the group should contact Carole Lucas, [clucas629@comcast.net](mailto:clucas629@comcast.net). (See p. 4 for more details)

**BOCCE BAL:** The last bocce ball game of the season has been played. We look forward to seeing you when we start up again in May and hope you'll come out and play this easy, fun and friendly game. Contact Lynne Libuha, [lynne.libuha@me.com](mailto:lynne.libuha@me.com).



## **PRESIDENT'S JANUARY MESSAGE**

Dear Friends and Neighbors,

I hope you are all enjoying this time of year with friends and loved ones. I was telling one of our members the other day that I felt sad that our Holiday party was behind us. It would be really nice to be able to meet again between Christmas and New Years, if nothing else, just to say hi, spend a little time together, and share a warm beverage or something. As I've hinted before, I'm working on that for some time in the future. Hopefully by next Holiday season we can arrange something.

As you have probably heard, sadly, we are not meeting in January. The great news is that we WILL be meeting in February. There is the 100<sup>th</sup> Birthday of Marilyn Runo that we will be celebrating and we are working on the music and menu, which will have a Valentine's Day theme.

Just a brief reminder that your 2024 membership dues are due by the end of January. Please mail your check for \$35 per person to the Lamorinda Movers, P.O. Box 13, Moraga, CA 94556.

Hopefully we will run into each other around town or at church between now and our February dinner but in the meantime, I am wishing you a very happy, warm, cozy and Healthy New Year in 2024.

Cheers,

Keith

## **JANUARY DINNER MEETING**

As you may have heard, and as Keith noted in his President's Letter, there will not be a dinner meeting in January. We look forward to seeing you all again in February.

## **MEMBERSHIP NEWS**

### **Norma Claassen**

The Board has once again voted to not schedule a January dinner meeting but we look forward to seeing you at the February gathering featuring a Valentine theme. To register for the dinner you can call 925-376-6622 or register through the website, [www.lamorindamovers.org](http://www.lamorindamovers.org). Don't forget you need to click the submit button at the bottom of the page and if registering two people, you have to do each one at a time.

Your \$35 per person membership dues for 2024 are now due. Please make your check payable to Lamorinda Movers and mail it, no later than January 31, to Lamorinda Movers, P O Box 13, Moraga 94556.

Don't forget: if you refer a new member to Lamorinda Movers you have a chance to win a year of 'free' meals. Just have the new applicant add your name to the "referred by" line on the application. The applications can be found on the Lamorinda Movers website. The drawing is held at the end of year at the Holiday Luncheon. This year's winner is Elizabeth White; congratulations and thank you for the referrals.

We wish each and every one of you a healthy and happy 2024.

## **SUNSHINE AND HEALTH NEWS**

### **Joan Tasker**

If you know or hear of someone who is ill, injured, or has experienced the loss of a loved one, please let Joan know so she can send a caring card. You can call her at 925-376-0582 or email her at [joanjim10@aol.com](mailto:joanjim10@aol.com).

## **MAHJONG**

### **Carole Lucas**

The Lamorinda Movers Mahjong group is looking for new players! They meet on the first and third Thursday of each month at 1 p.m. at the Moraga Country Club; there's a lunch at 12 noon, for those who are interested, followed by mahjong. An individual donation of \$2 is collected to cover the set-up at the Club. Any member of the Movers who knows how to play, whether a beginner or seasoned player, may contact Carole Lucas at 925-872-6726 or [clucas629@comcast.net](mailto:clucas629@comcast.net). Or, if you'd like to learn how to play, call 925-284-2232 to make a reservation. They'd love to have you join, but please contact Carole first!

## **BOCCE BALL**

**Lynne Libuha**

Bocce ball is over. It was a good season and we hope even more of you will come out when we start up again in the spring. New players - and even those who want to come take a look — are always welcome. It's a fun and easy game. For additional information, please contact Lynne at (925) 388-0277 or [lynne.libuha@me.com](mailto:lynne.libuha@me.com).



## **JANUARY BIRTHDAYS**

1/	Jo Kerner	1/11	John Cooper
1/2	Dick Courtney	1/12	Marilyn Runo
1/2	Brian Morris	1/14	Fran Gentry
1/2	Diana Fernandes	1/21	Britt-Marie Morris
1/7	Mike Parsons	1/22	Lynne Libuha
1/9	Dave Humm	1/30	Phil Arth
1/9	Ana Zimmank		

## **ACTIVITIES IN LAMORINDA**

The Lamorinda Area has an abundance of activities — both in person and virtual — designed to appeal to all interests. There are classes to improve your mind and body; performances to make you laugh, think, tap your feet and hum along; events and attractions for your more cultural side. There are opportunities to volunteer your services and talents and ways to help those less fortunate. And there are resources to keep you safe and informed. We list various activities and opportunities each month but rather than including detailed descriptions, we will list contact information so you may pursue whatever interests you.

### **Classes:**

**Moraga Parks and Rec** have a variety of classes geared to seniors. <https://www.moraga.ca.us/221/Activity-Guide>

**Lamorinda Village** presents a special series of free conversations with senior experts. For more information, go to [https://lamorinda.helpfulvillage.com/events/index\\_list](https://lamorinda.helpfulvillage.com/events/index_list).

**Osher Lifelong Learning (OLLI)** offers classes in Berkeley, Lafayette and Concord. You'll find classes such as "American Civics 101," "American Folk Music, The Golden Age, 1950-75," "Behind the Scenes for History Lovers," "Opera for Laughs: Great Comic Moments in the World of Opera." There are also many speaker presentations available on YouTube for free. <https://olli.berkeley.edu/speaker-series-town-halls>; <https://olli.berkeley.edu/courses> or 510-642-9934; Cal State East Bay, with classes such as 19th

Century French Composers, California Pop Art Lecture and Field Study, and Current Issues in Public Policy <https://www.scholarolli.com> or 925-602-6776

The **Walnut Creek Senior Center** offers virtual and live classes and fun activities; <https://wcseniorsclub2020.wordpress.com/upcoming-events/>

**Diablo Valley College Emeritus Classes:** [https://diablo.cr3.rschooldtoday.com/public/getclass/category\\_id/0/program\\_id/73](https://diablo.cr3.rschooldtoday.com/public/getclass/category_id/0/program_id/73) 925-949-4600

**DVC Community Education classes:** email CommunityEd@dvc.edu for information

**John Muir Health Senior Services:** So many classes: Driver Safety, Brain Boosting Nutrition, Healthy Heart Nutrition, Fall Prevention  
<https://www.johnmuirhealth.com/events/consumer/browse/index>

**Lafayette Senior Services:** Classes on maintaining your health, using your Apple devices, nature walks and bird watching and a weekly tea dance. <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services> 925-284-5050

**Libraries:** <https://ccclib.org> Join a book club, take a class, listen to a speaker. <https://ccclib.bibliocommons.com/v2/events?locations=15%2C19%2C14>

**Parks and Rec:** There are art classes, fitness classes, trips and senior programs.  
Lafayette Parks and Rec: [https://apm.activecommunities.com/lafayetterec/Activity\\_Search](https://apm.activecommunities.com/lafayetterec/Activity_Search)  
925-284-2232

Moraga Parks and Rec: <https://secure.rec1.com/CA/moraga-parks-recreation/catalog>  
925-888-7045

Orinda Parks and Rec: <http://orindaparksandrec.org/192/Adult-Seniors-Programs-Classes>  
925-254-2445

### **In-Person Activities**

**CalPerformances Jan. 27-28** Les Ballets Trockadero de Monte Carlo <https://calperformances.org/2023-24-season/>

**Town Hall Theatre Feb. 2** “Front Porch Presents: Folk Music Festival”  
**Feb. 3** Sing-Along Series: Hairspray <https://www.townhalltheatre.com/front-porch>

### **Art:**

**Moraga Art Gallery,** [www.moragaartgallery.com](http://www.moragaartgallery.com) 925-376-5407

**Saint Mary’s Museum of Art:** <https://www.stmarys-ca.edu/saint-marys-college-museum-of-art/exhibitions-and-collections/upcoming-exhibitions> 925-631-4379

**Art Gallery at the Orinda Library** <https://lamorindaarts.org/current-exhibits/>

## **Speakers:**

**Savvy Seniors Living Seminars** presented by senior specialist Dayna Wilson at the Walnut Creek Presbyterian Church on the first Wednesday of every month, 10 - 11:30 a.m., **Jan. 3** “Aging in America - Stage Not Age” <https://www.day-realestate.com/events>

**Lamorinda Village** welcomes speakers and experts every week via zoom. “Strength Training-A Cornerstone of Successful Aging,” Diane Dwyer on SB9, our mandatory housing requirement, fire hardening our homes and more. Talks are interactive and recorded. [Here is the link](#) to listen at your convenience. Let them know if you’d like to listen live every Friday morning at 9:30 by emailing [info@lamorindavillage.org](mailto:info@lamorindavillage.org).

**Lamorinda Sunrise Rotary** <https://lamorindasunrise.org/speakers>

## **Virtual Activities**

**Lamorinda Village** offers a free meditation every Monday at 9:30 a.m., led by Dr. Prasad Palakurthy, a retired cardiologist who has taught yoga and meditation for several decades. You can dial in: 669-900-6833, Meeting ID 886-273-476. There is also chair yoga on Mondays at 1:30 p.m. and Village Conversations every Friday morning a 9:30 a.m. You can Zoom all Lamorinda Village offerings: <https://zoom.us/j/886273476>. <https://lamorinda.helpfulvillage.com/events>

**Lamorinda Village** also offers a free virtual grief support group, Wednesdays 1-2 p.m. This program was “developed to offer opportunity to come together in community and support for one another and to consider ways we can respond to the grief, bereavement, and mourning, that can affect our lives.” To learn more and obtain the Zoom link, email [kishizu@lamorindavillage.org](mailto:kishizu@lamorindavillage.org).

## **Resources:**

Lafayette Senior Services, <https://www.lovelafayette.org/city-hall/city-departments/parks-trails-recreation/senior-services> 925-284-5050

Contra Costa County Area Agency on Aging <https://ehsd.org/elderly-disabled/area-agency-on-aging/> 800-510-2020

Unfortunately, senior citizens are often the target of fraud scams. According to the Association of Certified Fraud Examiners, “The elderly are prime targets to schemes attributed to credit cards, sweepstakes or contests, charities, health products, magazines, home improvements, equity skimming, investments, banking or wire transfers, and insurance.” AARP can help you avoid being scammed. <https://www.aarp.org/content/aarpe/en/home/money/scams-fraud.html> Free helpline: 877-908-3360

**Nixle** keeps you up to date with relevant information from your local public safety departments; sign up and keep current on severe traffic and weather, criminal activities, local events. <https://www.nixle.com>, <https://local.nixle.com/register/>

**LAMORINDA MOVERS BOARD MEMBERS**  
**AND COMMITTEE CHAIRPERSONS**

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